



Calcium



Vitamin D



Iodine *



Overnight Oats

SERVES 1

Ingredients

- 50g oats (not instant oats)
- 125ml dairy free milk of choice
- 50g dairy free yoghurt



Directions

- Mix the oats, milk and yoghurt together
- Leave at least 2 hours but preferably overnight in the fridge.
- Add toppings of choice before eating

* When made with a fortified dairy free milk. The milk you choose will affect the vitamin and mineral content

Toppings:

Berries and honey

Soya yoghurt and fruit

Peanut butter and sliced banana

Banana, cinnamon and walnut

Coconut/plain dairy free yoghurt, pineapple and flaked coconut

Lactose & Galactose Free Recipe